



THE MARSH ACADEMY

WHERE LEARNING COMES FIRST

## Homework BTEC SPORT FIRST DIPLOMA

Year group Year 9/10 Body in action ½ Term one

Marsh Academy

week	Unit	Grading criteria	Homework	Extension Homework
Week 1-2	Practical	P.1 part 1	<p><b>A) Test on skeleton and how bones grow.</b></p> <p>You will be tested on the following.</p> <ul style="list-style-type: none"> <li>• Structure of the skeleton ( bones and position on the body)</li> <li>• Function of the skeleton</li> <li>• How bones grow.(P1)</li> </ul>	<p><b>M1</b> B)Produce a movement analysis for 4 different physical activities. This can be done on a grid, as a powerpoint or even a webpage.</p> <p>Show how joints and bones, muscles and tendons and energy systems are used in 4 contrasting sports. (M1)</p> <ul style="list-style-type: none"> <li>• <b>Identify the movements around synovial joints. (M1)</b></li> </ul> <p>Explaining the effects of exercise on the poster or another poster.(M2)</p>
Week 3-4		P.1 part 2	<p><b>A)</b></p> <p>Produce a poster that will go on the leisure centre wall.</p> <p>It must show the effects of exercise on your bones.</p> <p>The poster should show key points and more detail in smaller font. (P2)</p> <p><b>You are to explain how muscles work to a group of students you are coaching in a chosen activity.</b></p>	<p><b>Analyse the muscular system</b></p> <p>Analyse the effects of exercise on muscles by participating in 2 strength test and analyse the results.</p> <p>(D2)</p>
Week 5-6		P2	<ul style="list-style-type: none"> <li>• Presentation power point or in paper format</li> <li>• Choose the activity</li> <li>• Explain how muscles contract using examples from the sport</li> <li>• Explain how muscles work in pairs by showing diagrams</li> <li>• (P3)</li> </ul>	
Week 7				



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## Homework BTEC SPORT FIRST DIPLOMA

Year group Year 10 practical ½ Term two

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week	Unit	Grading criteria	Homework	Extension Homework
Week 8-9	Practical	P2		M1
Week 10-11		P2		D1
Week 12-13		P3		
Week 14				



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